

MARSH CREEK TRACK OUT X-PRESS PROGRAM - TRACK 2 November 14th – 18th, 2016 Theme: Holiday Madness

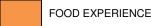


Monday, 11/14/2016

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wonday	7:00-9:00	9:00-10:00	10:00-11:00	11:00-12:00	12:00-1:30	1:30-2:30	2:30-3:30	3:30-4:00	4:00-4:30	4:30-6:30
Bazooka	BSX Activities	Classroom: Snack and Assembly	Gym Games: Beach Volley Ball	Classroom: Get to know friends	Lunch and Down Time	Clinic: Autumn Leaves	Art Project/ Classroom: Rubbing Leaves	Outside: Lower Deck	Lower Deck: Afternoon Snack	ASX Activities
Juicy Fruit	BSX Activities	Classroom: Snack and Assembly	Multipurpose: Get to know friends	Gym Games: Volley Ball	Lunch and Down Time	Clinic: Autumn Leaves	Art Project/ Multipurpose: Rubbing Leaves	Outside: Playground	Lower Deck: Afternoon Snack	ASX Activities
Tuesda	y, 11/15/20 ⁻	16								
	7:00-9:00	9:00-10:00	10:00-11:00	11:00-11:30	11	:30-2:30	2:30-3:30	3:30-4:00	4:00-4:30	4:30-6:30
Bazooka	BSX Activities	Classroom: Snack and Assembly	Classroom: Hang-Spider	Lunch and Down Time	NC Museum of Natural Science 12:00-2:00		Gym Game Crocodile Island	Outside: Playground	Lower Deck: Afternoon Snack	ASX Activities
Juicy Fruit	BSX Activities	Classroom: Snack and Assembly	Multipurpose: Brain Teasers	Lunch and Down Time		Time: 11:30am Time: 2:30pm	Gym Game Crocodile Island	Outside: Lower Deck	Lower Deck: Afternoon Snack	ASX Activities
Wednes	sday, 11/16	/2016								
	7:00-9:00	9:00-10:00	10:00-11:00	11:00-12:00	12:00-1:30	1:30-2:30	2:30-3:30	3:30-4:00	4:00-4:30	4:30-6:30
Bazooka	BSX Activities	Classroom: Snack and Assembly	Art Project: Fall Fuse Beads	Multipurpose: Ultimate Silent Ball	Lunch and Down Time	Outside: Playground	Gym: Color Guard	Classroom: Math Quiz Bowl	Classroom: Afternoon Snack	ASX Activities
Juicy Fruit	BSX Activities	Classroom: Snack and Assembly	Gym Game: Block "N" Bowl	Art Project: Fall Fuse Beads	Lunch and Down Time	Multipurpose: Alphabet Minute Challenge	Outside: Playground	Multipurpose: Corn hole	Multipurpose 1: Afternoon Snack	ASX Activities
Thursda	ay, 11/17/20	016	•				•			
	7:00-9:00	9:00-9:30	9:30-	12:00	12:00-1:30	1:30-2:30	2:30-3:30	3:30-4:00	4:00-4:30	4:30-6:30
Bazooka	BSX Activities	Classroom: Snack and Assembly		Sky Zone (Raleigh) 10:00-11:30		Gym Game: Bean Bag Relay	Dance/Drama: Play, Skit, Perform	Classroom: Alphabet Minute Challenge	Classroom: Afternoon Snack	ASX Activities
Juicy Fruit	BSX Activities	Classroom: Snack and Assembly	Pick Up Time: 9:30am Drop Off Time: 12:00pm		Lunch and Down Time	Classroom: Guesstures	Multipurpose: Ga-Ga Ball	Dance/Drama: Play, Skit, Perform	Multipurpose 1: Afternoon Snack	ASX Activities
Friday.	11/18/2016									
	7:00-9:00	9:00-10:00	10:00-11:00	11:00-12:00	12:00-1:30	1:30-2:30	2:30-3:30	3:30-4:00	4:00-4:30	4:30-6:30
Bazooka	BSX Activities	Classroom: Snack and Assembly	Science/Nature Multipurpose: Erupting Volcanoes	Fall Feast and	Lunch and Down Time	Multipurpose: Musical Chairs	Outside: Playground	Gym Game: Human Pin Ball	Classroom: Afternoon Snack	ASX Activities
Juicy	BSX	Classroom: Snack and	Science/Nature Classroom:	Thanksgiving Crafts!!	Lunch and	Outside:	Gym Game:	Multipurpose:	Multipurpose 1:	ASX

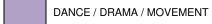
Activities

Fruit



Assembly

Erupting Volcanoes



Down Time



Playground

Human Pin Ball



Musical Chairs



Activities

Afternoon Snack



MARSH CREEK TRACK OUT X-PRESS PROGRAM – TRACK 2 November 21st – 25th, 2016 Theme: Holiday Madness



Monday, 11/21/2016

	7:00-9:00	9:00-10:00	10:00-11:00	11:00-12:00	12:00-1:30	1:30-2:30	2:30-3:30	3:30-4:00	4:00-4:30	4:30-6:30
Bazooka	BSX Activities	Classroom: Snack and Assembly	Multipurpose: Domino Challenge	Clinic Classroom: Health	Lunch and Down Time	Art Project Classroom: Healthy Food Collage	Gym Game: Baseball	Multipurpose: Double Telephone	Classroom: Afternoon Snack	ASX Activities
Juicy Fruit	BSX Activities	Classroom: Snack and Assembly	Gym Game: Baseball	Clinic Multipurpose: Health	Lunch and Down Time	Multipurpose: Double Telephone	Art Project Classroom: Healthy Food Collage	Outside: Playground	Multipurpose 1: Afternoon Snack	ASX Activities

Tuesday, 11/22/2016

	7:00-9:00	9:00-9:45	9:45-2:15	2:15-3:15	3:15-4:00	4:00-4:30	4:30-6:30
Bazooka	BSX Activities	Classroom: Snack and Assembly	NC Museum of Life & Science 10:30-1:30	Multipurpose: Four Corners	Dance/Drama: Emotional Relay Race	Classroom: Afternoon Snack	ASX Activities
Juicy Fruit	BSX Activities	Classroom: Snack and Assembly	Pick Up Time: 9:45am Drop Off Time: 2:15pm	Dance/Drama: Emotional Relay Race	Gym Game: Crossover Dodgeball	Multipurpose 1: Afternoon Snack	ASX Activities

Wednesday, 11/23/2016

	7:00-9:00	9:00-10:00	10:00-11:00	11:00-12:00	12:00-1:30	1:30-2:30	2:30-3:30	3:30-4:00	4:00-4:30	4:30-6:30
Bazooka	BSX Activities	Classroom: Snack and Assembly	Gym Game: In the Zone	Food Experience Classroom: Create your own Turkey	Lunch and Down Time	Outside: Playground	Science/Nature Classroom: Creative Bird Feeders	Computer Lab: Mario Cart	Classroom: Afternoon Snack	ASX Activities
Juicy Fruit	BSX Activities	Classroom: Snack and Assembly	Food Experience Classroom: Create your own Turkey	Multipurpose: Word Problem Challenge	Lunch and Down Time	Computer Lab: Mario Cart	Science/Nature Multipurpose: Creative Bird Feeders	Outside: Playground	Multipurpose 1: Afternoon Snack	ASX Activities

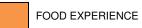
Thursday, 11/24/2016

City Holiday Programs Closed

Friday, 11/25/2016

City Holiday Programs Closed

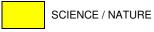














MARSH CREEK TRACK OUT X-PRESS PROGRAM – TRACK 2 November 28th – December 2nd, 2016 Theme: Holiday Madness



1	Cultural	perloanleighnogon	November 28	8 – Decemb	er 2''', 20	16 Theme: I	Holiday Mad	iness		126F
Monday	, 11/28/201	6 ***Spirit Week	*** ***Sports Day*	**						7
	7:00-9:00	9:00-10:00	10:00-11:00	11:00-12:00	12:00-1:30	1:30-2:30	2:30-3:30	3:30-4:00	4:00-4:30	4:30-6:30
Bazooka	BSX Activities	Classroom: Snack and Assembly	Gym Game: Cross Fire	Clinic	Lunch and Down Time	Art Project: Scarecrow Magnet	Outside: Playground	Multipurpose: Jumbo Connect four Challenge	Classroom: Afternoon Snack	ASX Activities
Juicy Fruit	BSX Activities	Classroom: Snack and Assembly	Art Project: Scarecrow Magnet	Groups 1&2: Zumba Lunch and Down Time		Outside: Playground	Multipurpose: Jumbo Connect four Challenge	Gym Game: Star Wars Dodgeball	Multipurpose 1: Afternoon Snack	ASX Activities
Tuesday	y, 11/29/20 ⁻	16 ***Crazy Sock	C Day***							
	7:00-9:00	9:00-10:00	10:00-11:00	11:00-12:	:00	12:00-1:30	1:30-2:30	3:30-4:00	4:00-4:30	4:30-6:30
Bazooka	BSX Activities	Classroom: Snack and Assembly	Multipurpose: Back to Back	Pump It 11:00-12		Lunch and Down Time Lunch and Down Time Classroom: Crimes for Detectives		Multipurpose A: Telephone	Lower Deck: Afternoon Snack	ASX Activities
Juicy Fruit	BSX Activities	Classroom: Snack and Assembly	Gym Game: No-Contact Football	Pick Up Time: Drop Off Time:				Multipurpose B: Alphabet Letters	Lower Deck: Afternoon Snack	ASX Activities
Wednes	sdav. 11/30	/2016 ***Pajama	Dav***							
	7:00-9:30	9:00-9:45	10:00-10:45	11:00-11:45	12:00-1:15	1:30	-3:00	3:15-4:00	4:00-4:30	4:30-6:30
Bazooka	BSX Activities	Classroom: Snack and Assembly	Gym Game: Mat Ball	Art Project: Stainless Glass Kit	Lunch and Down Time	Groups 1 & 2		Science/Nature Multipurpose: Inflate a Balloon	Classroom: Afternoon Snack	ASX Activities
Juicy Fruit	BSX Activities	Classroom: Snack and Assembly	Art Project: Stainless Glass Kit	Gym Game: Mat Ball	Lunch and Down Time		ovie	Science/Nature Classroom: Inflate a Balloon	Multipurpose 1: Afternoon Snack	ASX Activities
Thursda	av. 12/1/201	6 ***Twin Day**	*							
	7:00-9:30	9:00-9:45	10:00-10:45	11:00-11:45		11:50-2:55		3:00-3:45	4:00-4:30	4:30-6:30
Bazooka	BSX Activities	Classroom: Snack and Assembly	Classroom: Pictionary	Lunch and Down Time	В	uffaloe Road Aquatio 12:20-2:05	c Center	Gym Game: Mission Impossible	Classroom: Afternoon Snack	ASX Activities
Juicy Fruit	BSX Activities	Classroom: Snack and Assembly	Gym Game: Hockey	Lunch and Down Time		Pick Up Time: 11:50am Drop Off Time: 2:55pm		Outside: Playground	Multipurpose 1: Afternoon Snack	ASX Activities
Fridav.	12/2/2016 *	**Early Release*	** ***Super Hero I	Dav***						
y ,	7:00-9:00	9:00-10:00	10:00-11:00	11:00-12:00	12:00-1:30	1:30-2:30	2:30-3:30	3:30-4:00	4:00-4:30	4:30-6:30
Bazooka	BSX Activities	Classroom: Snack and Assembly	Computer/ IPads	Outside: Lower Deck	Lunch and Down Time	Multipurpose: Spelling Bee Contest	Gym Game: Star Wars Dodgeball	Dance/Drama: Functional Performance	Classroom: Afternoon Snack	ASX Activities
Juicy Fruit	BSX Activities	Classroom: Snack and Assembly	Multipurpose: Spelling Bee Contest	Computer/ IPads	Lunch and Down Time	Gym Game: Run the Canyon	Dance/Drama: Functional Performance	Outside: Lower Deck	Multipurpose 1: Afternoon Snack	ASX Activities







Marsh Creek Track Out Track 2 - Week 1



Field Trip Information!

Natural Science Museum

11 West Jones Street, Raleigh, NC 27601 919-870-7947

Campers will get up close and personal with nature and science as they explore the Museum of Natural Science!

Sky Zone

2101 Westinghouse Boulevard, Raleigh, NC 27604 919-948-4450

Participants will get to experience weightless bouncing at one of Raleigh's indoor trampoline facilities. Children will have unlimited access to all jumping areas. This trip will require an ONLINE waiver to be completed by each child's parent/guardian.

Reminders

Bring daily

- 1 lunch
- 2 snacks
- Blanket or Towel (for Down Time)

Field Trips

- Wear blue field trip shirt
- No additional money is needed for any field trips
- Complete online field trip waiver

Remember Green & White Key Tag and/or Photo ID when picking-up participants



Marsh Creek Track Out X-Press 919-996-4920 Director: Jacque Allen



Marsh Creek Track Out Track 2 - Week 2



Field Trip Information!

Museum of Life & Science

433 West Murray Street, Durham, NC 27704 919-220-5429

At the Museum of Life and Science, campers will experience an adventure while exploring the Museum , the largest Butterfly House on the East Coast and over 60 species of animals!

Reminders

Bring daily

- 1 lunch
- 2 snacks
- Blanket or Towel (for Down Time)

Field Trips

- Wear blue field trip shirt
- No additional money is needed for any field trips

Remember Green & White Key Tag and/or Photo ID when picking-up participants



Marsh Creek Track Out X-Press 919-996-4920 Director: Jacque Allen



Marsh Creek Track Out Track 2 - Week 3



Field Trip Information!

Pump It Up

10700 Suite 112, World Trade Boulevard, Raleigh, NC 27617 919-828-3344

Campers will have unlimited access to the many inflatables at Pump It Up. Please wear socks! This trip will require a waiver to be signed by each child's parent/guardian.

Buffaloe Road Aquatic Center

5908 Buffaloe Road, Raleigh, NC 27616 919-996-5600

Participants will get to experience a water slide, lazy river, water vortex, play areas and more at one of Raleigh's most unique Aquatics facility! Please pack a bathing suit and towel. Children are permitted to wear flip-flops to and from the pool ONLY. A swimming test will be administered for EVERY participant. If a child does not take the swim test or does not pass the test, they will be required to wear a lifejacket. All participants will be required to wear a BLUE wristband to identify them to their site. Participants who pass the swim test will also be required to wear a GREEN wristband (GREEN=GO) in addition to the BLUE wristband.

Reminders

Bring daily

- 1 lunch
- 2 snacks
- Blanket or Towel (for Down Time)

Field Trips

- Wear blue field trip shirt
- No additional money is needed for any field trips
- Sign field trip waiver

Remember Green & White Key Tag and/or Photo ID when picking-up participants



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